

Templeton Senior Center

Activities, Classes, Events & Fifty Plus Sports for Active Adults

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite or online. Evening/weekend activities & times listed in "GREEN" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC) 225 Wiggington Road - 455-4115

☎ AARP Smart Driver Class

This eight-hour, newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Be sure to bring your lunch or snack. Check with your agent about a rate reduction! Register 2 days before class.

\$15.00 AARP members,
\$20.00 non-members.
Payable on site to AARP.

74001.320

Sat 10/17 8:30am-5:00pm

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful necklace, inspired by the colors of autumn.

Instructor: Jamie Carlund
Register and pay by 10/13.

Fee: \$10.00

73001.322

Th 10/15 10:30am-12:00pm

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning

using weights, bands, and mats.

Instructor: Mary Harris

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74209.320

Tu Th 10/1-10/29 5:30pm-6:30pm

\$ Cooking Series: Pumpkins

Pumpkins can be used for more than just a decoration. Learn some new recipes and develop ways to incorporate pumpkin into your cooking and baking.

Instructor: Susan Prillaman

Register and pay by 10/9.

Fee: \$5.00

740005.321

Tu 10/13 10:00am-11:00am

☎ Flu Shot Clinic

Flu shots are available courtesy of Walgreens and will be administered by their pharmacist. Free for Medicare participants. Be sure to bring your card. \$25.99 for all others. Pay on site to Walgreens.

Call by 10/16 to register for a time.

M 10/19 10:30am-12:30pm

\$ Intergenerational: Knitting a Scarf

Learn the basics of knittir make a scarf for the upcoming



cold winter months. Yarn will be supplied, but please bring your own knitting needles, any size you prefer. This intergenerational class is designed for grandparents, parents, and children ages 6 & up. Register and pay by 10/12.

Fee: \$5.00

73004.321

W 10/14 3:00pm-5:00pm

\$ Mahjong Lessons

Learn this ancient Chinese tile game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Instructor: Karen Bridgett

Register and pay by 10/1.

Fee: \$10.00

73004.320

F 10/2-10/16 9:30am-11:30am



Medicare Fraud

Medicare Fraud: learn how to protect, detect and report it, should it happen to you. Presented by the Virginia Senior Medicare Patrol (Virginia SMP), a consumer education and information project. Their goal is to empower and assist Medicare beneficiaries, their families and caregivers.

Presenter: Bernadette McKinney

Tu 10/27 10:30am-11:30am

\$ Oil Painting Basics

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This three session class will focus on adding elements each week to complete a scene found in the Central Virginia area. Students should bring their 11X14 canvas and oil painting brushes. The final class can be for completing your picture or adding the finishing touches on a painting from a previous class.

Instructor: Rodney Laughon

Register and pay by 10/2.

Fee: \$50.00 LR \$35.00

74400.321

Tu 10/6-10/20 **6:30pm-8:30pm**

\$ Painting on Metal

What do you do with old, dull saw blades or cookie tins after the cookies are gone? Using metal as our canvas, we will paint a scene on a small saw blade, cookie tin or other small metal surface you wish to bring. All paint supplies will be furnished. Bring your brushes.

Instructor: Linda Duff

Register and pay by 10/16.

Fee: \$10.00

74400.320

M 10/19 **6:30pm-8:30pm**

\$ Scrapbooking: Autumn Theme

Create your own autumn theme scrapbooking page while learning the basic techniques. Students will receive a variety of autumn related embellishments, two 12x12 sheets of scrapbooking paper along with plastic covers and other basic supplies. Students should bring their own photos and any autumn

themed stickers, colored paper, and scrapbooking tools if desired. Register and pay by 10/19.

Fee: \$8.00

74406.3322W 10/21

1:30pm-2:30pm

\$ Chili and Corn Bread Lunch

Warm up with a steaming bowl of homemade chili along with corn bread, drink and dessert.

Register and pay by 10/16.

Fee: \$4.00

73000.320

Tu 10/27 11:30am-12:15pm

Travel: New Zealand

Visit Christchurch, New Zealand: the Garden City, as Susan

Timmons shares her tour of this beautiful area. You'll be amazed at the local efforts to make the area a garden showcase.

Tu 10/20 10:30am-11:30am

\$ Watercolor Basics: Flowers

Beginners to intermediate level painters will learn how to work from light to dark, layer and blend colors and add depth to a painting as they paint a different flower each week. Get tips on how to avoid and correct mistakes. Students should bring their own watercolor brushes.

Instructor: Betty Leary

Register by 10/6.

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Fee: \$65.00 LR \$50.00

Th 10/8-10/29 **6:30pm-8:30pm**



\$ Wax Embossed Gourds

Using simple tools and techniques, turn a humble gourd into a beautiful wax embossed ornament. An extra \$3.00 supply

fee (paid on site, directly to the instructor) will cover 2 ornaments.

Instructor: Mike Connolly

Register and pay by 10/5.

Fee: \$5.00

73001.320

W 10/7 10:30am -11:45am

\$ Watercolors: Botanicals

In this introductory class, students will focus on pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting.

Students should bring: pointed round sable brushes #4 and #6 and a small scrubber brush.

Optional: bring your own goose neck light.

Instructor: Virginia Klute

Register and pay by 10/6.

Fee: \$85.00 LR \$70.00

74401.320

Th 10/8-10/29 1:00pm-4:00pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself as you work out at your own pace.

M Tu Th F 10/1-10/30

9:30am-10:15am

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register and pay monthly by the first class.

Fee: \$36.00 LR: \$24.00

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Tu 10/6-10/27 8:15am-9:05am

\$ Zumba at Noon

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74205.320

Tu Th 10/1-10/29 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.320

M W 10/5-10/28 **5:00pm-5:45pm**

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome.

F 10/2-10/30 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.

W 10/14 & 10/28 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 10/8 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain.

Beginners and new players are always welcome.

Th 10/1-10/29 9:30am-12:30pm

Pinochle

Do you play? Would you like to learn how? Pinochle is a trick-taking card game typically for two to four players and played with a 48-card deck. Join other interested players on Friday mornings.

F 10/2-10/30 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 10/1-10/29 9:30am-12:30pm

Fairview Center (FC)

3621 Campbell Ave. 847-1751

Billiards

Two tables are available for recreational billiards.

M W F 10/2-10/30 9:30am-1:00pm

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register and pay monthly.

Club Fee: \$5.00

W F 10/2-10/30 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone.

Instructor: Jan Baker

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

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M W F 10/2-10/30 11:45am-12:30pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any

Wednesday and enjoy an

energizing morning.

Fee: \$1.00/class.

Pay on site.

W 10/7-10/28 10:30am-11:20am

\$ Pottery: Leaf Bowl

Create a bowl made of clay and paint/glaze it the color of your choice. Register by 10/5.

Fee: \$8.00

F 10/9-10/16 10:30am-11:30am

Veterans Appreciation Luncheon

Tuesday, November 10

11:30am-1:00pm

Moose Lodge 715, Lakeside Drive

Entertainment, lunch, door prizes,

silent auction and more. Tickets

available at the Templeton, Fairview & Miller Centers thru November 6.

Free to all Veterans. Come by for your ticket or call to register by 11/6.

Non-veteran tickets \$6.00.

Available for purchase thru 11/6.

OTHER LOCATIONS

\$ Bowling



Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax

Fort Hill Bowling Center,

6015 Fort Ave.

Tu 10/6-10/27 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you the opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd. Register and pay monthly by the first day of play. Staff: Marsha Berry
Fee: \$10.00
Pleasant View Baptist Church,
19278 Forest Road
73703.320
Th 10/1-10/29 2:00pm-5:00pm

\$ Pickleball Clinic

Learn the basics of this great court sport. Diane Jones shows you the fundamentals of this racket game. Your \$10.00 fee covers the remainder of the month for you to come and play.
Fee: \$10.00
Pleasant View Baptist Church,
19278 Forest Road
73703.321
Th 10/1-10/29 2:00pm-5:00pm

\$ Fifty Plus Putt Putt

Enjoy Miniature Golf each Monday morning. Adults only please. Starting time may change due to cooler weather. \$3.00/two games. No registration required.
Putt-Putt Fun Center,
8105 Timberlake Road
M 10/5-10/26 9:00am-11:00am

\$ Fifty-Plus Softball

Coed games are focused on fun, fitness and friendly competition. Come on out and enjoy a great game. All skill levels welcome.

Staff: Lynn Fox
Register and pay monthly by the first day of play. Fee: \$10.00
Peaks View Park, Field # 1
73702.320
W & F 10/2-10/30 10:00am-12:00pm

☎ Golden Gourmet @ Depot Grille

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share. Meet at: Depot Grille, 10^{9th} Street. Register by 10/21. **Call 455-4115.**
73700.320
F 10/23 11:30am-1:30pm

New Chapter Book group

'*Ishmael's Oranges*' by Claire Hajaj follows the journeys of men and women cast adrift by war, telling the story of two families and the legacy of hatred their children inherit.

Meet at: The Drowsy Poet,
Givens Book Store,
2236 Lakeside Dr.
M 10/26 10:00am-11:30am



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facebook and keep
up with what's
happening at the**

Templeton Senior Center.
www.facebook.com/TempletonSeniorCenter

Updates needed.

In this ever changing world, phone number and email addresses are constantly changing. To help us keep you informed and to allow us to reach you, please be sure to add your current information when you register for a class, program or event. *Thank you.*

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall Information Desk
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging/
Central VA Alliance for Community
Living
- Beard Center on Aging, Lynchburg
College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



434-455-5858
www.lynchburgparksandrec.com

City Wide Program Staff

Allyson McSwain,
Supervisor City-Wide Centers

Lynn Fox,
Senior Recreation Specialist
Templeton Senior Center

Marsha Berry,
Recreation Specialist
Templeton Senior Center

Krista Johnson,
Recreation Specialist
Templeton Senior Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.